

## PRE-NATAL AQUATIC PREPARATION (TITLE)

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### ABSTRACT

Introduction: Water, a source of well-being, peace, fullness, freedom and harmony. For quite some time now, water is sought after for its renowned benefits in terms of relieving the physical and emotional changes which commonly occur during pregnancy.

Objectives: 1) Describe the process of intervention, arising from the use of the aquatic environment in prenatal preparation 2) Relate the gains in health from prenatal preparation aquatica

Method: Descriptive creating and applying a preparation course aquatica prenatal clients healthy pregnant from 28 weeks of gestation, entered in ACES Setubal and Palmela.

Results: The emancipation in the water environment, respiratory domain, perception of a correct posture, awareness of the perineal area, pelvic mobility, participation of the woman's partner, fetal perception along with the water's qualities, provide the woman with a unique experience.

Conclusions: Water, as a non pharmacological measure that relieves the discomforts felt during the last trimester pregnancy as well as a facilitating measure in the natural childbirth process.

**Keywords** – Water, pregnancy, labour

### ***Supplementary Information to Provide:***

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